



Apple Banana Salad with Peanuts

Prep time: 15 minutes

Makes: 4 Servings

Enjoy a fresh, flavorful change of pace with a surprising mix of lettuce, apples, and bananas, topped with a paprika dressing. This is a quick, easy meal for a busy day.

Ingredients

5 cups lettuce mix

2 ripe bananas

2 1/2 medium apples, sliced (14 oz. of sliced apples)

3/4 cup unsalted dry roasted peanuts

For the Dressing




1/3 cup plain low-fat yogurt

Nutrition Information

Nutrients	Amount
Calories	330
Total Fat	17 g
Saturated Fat	3 g
Cholesterol	5 mg
Sodium	90 mg
Total Carbohydrate	42 g
Dietary Fiber	8 g
Total Sugars	26 g
Added Sugars included	4 g
Protein	10 g
Vitamin D	0 mcg
Calcium	99 mg
Iron	2 mg
Potassium	810 mg

N/A - data is not available

MyPlate Food Groups

	Fruits	1 1/4 cups
	Vegetables	1 cup
	Protein Foods	2 ounces

2 tablespoons fat-reduced mayonnaise

1 tablespoon honey

2 teaspoons paprika

Directions

1. Whisk together dressing ingredients.
2. Slice bananas.
3. In a large salad bowl, toss mixed greens, banana and apple slices, peanuts, and dressing.

Notes

Serving Suggestions: Serve with 8 oz non-fat milk and one slice of rustic whole-grain bread.

Tips on how to select and store bananas:

- Choose bananas that are slightly green on the stem and tip. They should be firm, without bruises.
- Store unripe bananas at room temperature. Store ripe bananas in refrigerator for up to two weeks; peel may turn black

Source: Produce for Better Health Foundation